

# PLUMBERS' WELFARE FUND LOCAL 130, U.A.

## UNION TRUSTEES

JAMES F. COYNE  
Co-Chairman

1340 W. WASHINGTON BLVD., SUITE 303  
CHICAGO, ILLINOIS 60607-1986  
Phone (312) 226-4200  
Fax (312) 226-7285

## CONTRACTOR TRUSTEES

DAVID ARIANO  
Co-Chairman



Joseph F. Ohm  
Fund Administrator

Anthony M. Rottman  
Field Representative

**August 14, 2019**

## ***"Building Bridges to Health 2019 – An Early Detection and Prevention Health Fair"***

Dear Participants of Plumbers' Welfare Fund, Local 130 U.A.:

We are pleased to announce that you, your spouse and your eligible dependent children who are at least age 18, have the opportunity to participate in one of the six **"Building Bridges to Health"** fairs being offered on Saturdays (and 1 Sunday) during September, and October 2019, **at no cost to you**. You are welcome to attend any location (Volo, Countryside, Chicago, Elmhurst, or Joliet, IL). The Plumbers' Welfare Fund, Local 130 U.A. will host the event on Saturday, September 7, 2019 at Volo, Illinois. The health fair starts at 7:00 am and continues until 12:30 pm. You select which date and location is the most convenient for you! **All locations have free parking!**

In addition to a very comprehensive blood test, you can talk with a variety of medical professionals and update your vaccines. Beyond the flu shot, you have the ability to update your Tetanus vaccine which now offers whooping cough protection. If you are at risk for pneumonia and meet the clinical criteria, you can get that vaccine at this year's health fair.

In addition, this year we are providing a basic carotid artery test. Because we have limited appointments for the carotid artery test, if you are interested in this test, make this appointment first and then use that date to schedule your blood test. These tests and procedures are available **at no cost to you**.

**The tests you choose to have done are not meant to replace your Physician, but are meant to improve communication with your Physician at your next appointment.**

The Plumbers' Welfare Fund, Local 130 UA would like to do our part to ensure that you have the necessary resources to live a healthy life. This process will give you:

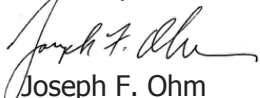
- A thorough preventative health evaluation administered at one of five locations
- Printed **and** on-line health education materials
- Full lab analysis report with the ability to send it to your primary care physician
- Personal health management support, **including** health coaching

We assure you that this program **is completely confidential** and is administered by an independent service provider, **Interactive Health Solutions (IHS)**. No one at the Plumbers' Welfare Fund, Local 130 UA will have access to your personal health information. To get the best results from this initiative, we need your support and participation. You should register and make an appointment for the blood test by contacting **[www.myinteractivehealth.com](http://www.myinteractivehealth.com)** or by calling **1-800-840-6100**. When asked for your Fund Name select **"Plumbers Local 130."**

Included is a flyer about the various aspects of the health fair, including tests and providers available and more detailed information on how to register for your blood appointment or the carotid artery test.

We look forward to seeing you at one of the "Building Bridges to Health" fairs. If you have any questions or concerns regarding the health fair, please contact the Fund Office at 312-226-5000, Interactive Health at 800-840-6100 or our Health Fair Coordinator at 708-639-9004.

Sincerely,

  
Joseph F. Ohm  
Fund Administrator



# 2019 “Building Bridges to Health” Health Fair

## Sign up Today! – 6 Events – 5 Locations

Onsite preventive health evaluation, which includes a health assessment, blood pressure screening and a comprehensive blood test. Your results are **100% confidential and will not be shared with your fund.**

**Also available:** Flu shots, Hearing Screenings, and onsite healthcare professionals to answer questions.

**Earn Prizes!** Complete your Interactive Health biometric screening at a Health Fair for a chance to win one of five \$50 gift cards at each location!

### 2019 HEALTH FAIR LOCATIONS

Health evaluations are **by appointment** between 7:00 a.m. and 12:00 noon.

You can schedule an appointment for any of these locations:

Date	Building Name	Address	Max Appt
September 7 <sup>th</sup>	Plumbers Local 130	31855 N US Hwy 12 Volo, IL	250
September 14 <sup>th</sup>	IUOE Local 150 – District 1	6200 Joliet Road, Countryside, IL	650
September 28 <sup>th</sup>	IUOE 399	2260 S Grove Street, Chicago, IL	500
October 5 <sup>th</sup>	Administrative District Council 1	660 N Industrial Dr. Elmhurst, IL	300
October 26 <sup>th</sup>	IUOE Local 150 – District 2	1050 NE Frontage Road, Joliet, IL	400
<b>October 27<sup>th</sup></b> <b>Sunday</b>	<b>IUOE Local 150 – District 2</b> <b>8 am start this day only</b>	1050 NE Frontage Road, Joliet, IL	350

### How to Schedule Your Onsite Health Evaluation

1. Register online at [myinteractivehealth.com](http://myinteractivehealth.com). First time website users can register using sponsor code **RVJDM**.
2. Once registered, click the “Schedule Your Health Evaluation” box at the top of the page. Select your appointment location, date and time and [complete your health assessment](#). **You will be asked your Union Name and Number or Trust Fund Name and Number.**
3. **Health Plan Participants:** Enter your Insurance Number and Group ID. *Please bring your insurance card to your appointment.*
4. **Non-Plan Participants:** The fee of \$120 or \$160 is due at the time of service. Cash, personal check, MasterCard and Visa are accepted.
5. You may also schedule your appointment by calling Interactive Health at **(800) 840-6100** and using sponsor code **RVJDM**.

#### You will need to **Fast** before your appointment

Please fast for 12 hours before your test. Drink plenty of plain water – no food or other beverages. If you are diabetic, pregnant, on medication, or have a medical condition that will prevent you from fasting 12 hours, please follow your doctor’s instructions regarding fasting.



Visit us on Facebook! <https://www.facebook.com/buildingbridgeshealthfairs>



## Building Bridges to Health – 2019

You are invited to participate in a comprehensive Health Fair sponsored by your Trust Fund. In addition to a comprehensive, 36-panel blood test, the following services/providers will be available:

- **A1c** blood tests for diabetics
- **Flu shots** (for adults over age 18) – The Centers for Disease Control (CDC) recommends that everyone 6 months old and older should receive a flu vaccine. Every flu season is different, and influenza infection can affect people differently.
- **Ask the Pharmacist** – Pharmacists are available to answer questions about drug interactions, how or when to take medication, what impact do vitamins or supplements have with other medications, what side effects you should expect and other questions that you may have.
- **Ask the Dentist** – Dental providers will be available from 9:00 am until 12 noon to answer your questions. Information and resources will also be available during the entire fair.
- **Nutritionist** – Learn about your BMI and ask questions about food pairings and how to read labels. This year be sure to bring a healthy recipe with you for the **Healthy Recipe Contest!** Every recipe gets a gift, but the healthiest recipe (selected each week by the nutritionist) will win a food basket!
- **Basic hearing screening**
- **Carotid Artery screening – Limited appointments available!** – If you are interested in this test, schedule this first and then call to make your bloodwork appointment. See the Stroke Detection flyer for more information about registering for this screening.
- **Refreshments** – Juice, coffee, teas and water will be provided as well as fruit and healthy snacks.
- **And More... PRIZES!!!**

Prizes this year include:

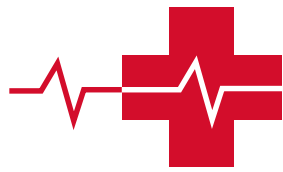
- ✓ **\$50 gift cards** – Anyone who attends can fill out the raffle entry to win
- ✓ **Tote Bag & Water Bottle** – Anyone who stops by the hearing screening table can enter to win
- ✓ **Designer Sunglasses** – Stop at the vision table and enter to win
- ✓ **Food Basket** – The healthiest recipe submitted each week to the nutritionist, wins the gift basket, but every recipe submitted will get a prize

The Health fairs take place at **5** different **locations** on **5** different **Saturdays** from 7:00 am – 12:30 pm and **1 Sunday** from 8:00 am – 12:30 pm.

Appointments are ***only*** required for the blood work and carotid artery screening. **Remember, it saves time for your bloodwork if you can fill out your health history online before your appointment!**



We're on Facebook – go to Building Bridges Health Fairs and "Like Us" to get the latest info



## Building Bridges To Health Hosts Screening To Detect Your Risk For Stroke In Less Than 5 Minutes!

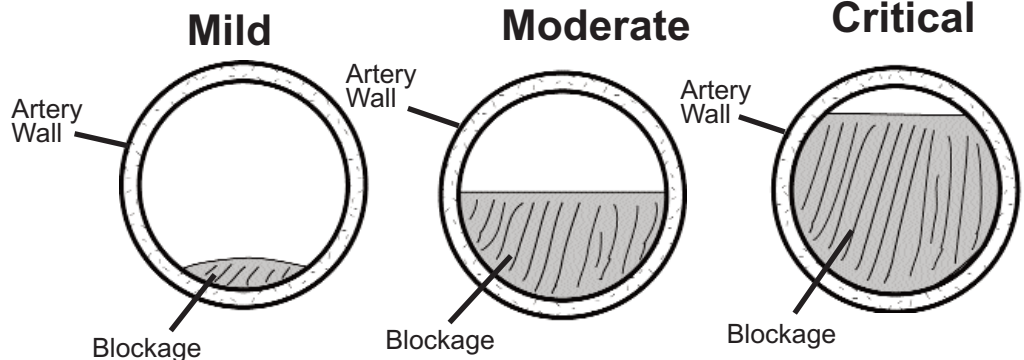
"I am so grateful that I participated in these screenings. At my age, the results I received were unexpected. Especially, since I did not have any of the risk factors. My doctor would not have ordered these tests. I definitely feel this prevented me from having a stroke and maybe even worse. Since I have returned to work I informed my manager about what a great service Stroke Detection Plus provides and encourage everyone to have these screenings done."  
**Donald Luley**

<p><b>Saturday September 7th 7AM - 12:30PM</b> Plumbers Local 130 31855 N US Highway 12 - Volo, IL</p> <p><b>Saturday September 14th 7AM - 12:30PM</b> IUOE Local 150 - District 1 (South Entrance) 6200 Joliet Road - Countryside, IL</p> <p><b>Saturday September 28th 7AM - 12:30PM</b> IUOE 399 2260 S Grove Street - Chicago, IL <b>FREE PARKING</b></p>	<p><b>Saturday October 5th 7AM - 12:30PM</b> Administrative District Council 1 660 N. Industrial Drive- Elmhurst, IL</p> <p><b>Saturday October 26th 7AM - 12:30PM</b> <b>Sunday October 27th 8AM - 12:30PM</b> IUOE Local 150 - District 2 1050 NE Frontage Road - Joliet, IL</p>
---	--

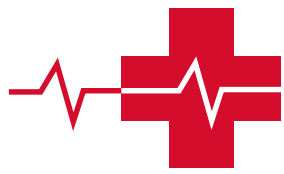
*Appointments are necessary! Call Toll Free 1-877-732-8258  
To Schedule Today!*

### Four Life Saving Screenings

**Stroke Screening**  
This screening visualizes the buildup of fatty blockage in the carotid arteries. This condition causes the majority of strokes. This blockage is a silent, progressive condition, that causes stroke and heart disease. This condition is treatable and the best way to detect your risk is with ultrasound screenings.

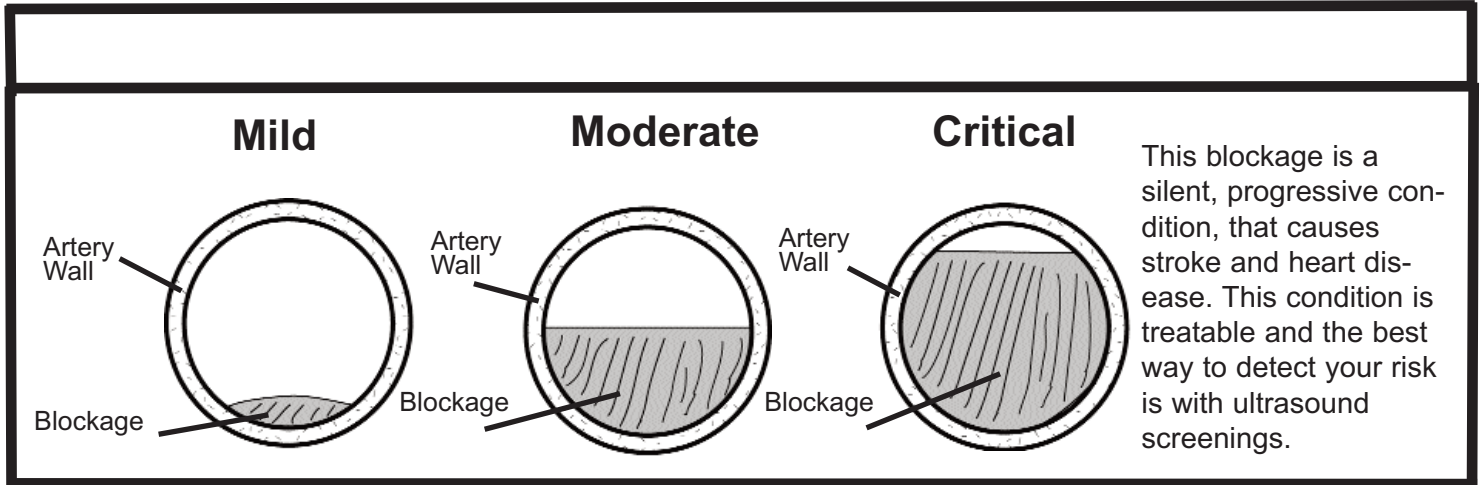


**FREE Stroke Screening For Members  
and Dependents of Participating Funds**



# STROKE DETECTION *Plus*

PREVENTION THROUGH EARLY DETECTION



- + We provide screenings that would cost between \$300-\$700 per test in the hospital setting.
- + A doctor cannot order these tests without the patient showing signs & symptoms. It is estimated that two thirds of stroke victims did not have any warning.
- + We estimate the percentage of blockage based on new research from the University of Washington.
- + A board certified, licensed physician reviews all screening results.
- + The goal of this screening is to alert people of a health risk that might otherwise go undetected, and to inform them of the need for follow-up with their physician.
- + RN phone consultation for all abnormal results.

## Two Or More Conditions And You Are At Risk!

- Over 40 yrs. old
- More Than 20lbs. Overweight
- Family History of Strokes
- High Cholesterol
- Cigarette Smoking
- Diabetes
- High Blood Pressure
- Inactive Lifestyle
- Heart Disease
- TIAs - Minor Strokes

2407 S.W. 9th Street . Des Moines, IA 50315 515.244.3080 . 877.732.8258

**Visit Our Web Site: [www.strokedetectionplus.com](http://www.strokedetectionplus.com)**

This screening is not a covered Medicare expense. If this is not covered by your Trust Fund, you can pay by cash, check or credit card the day of the event